

# Running Program Suggestions

**Commit to 3-5 Days per Week of Interval Run Training (HIIT) for 30 minutes.**

After a 5 minute Walk Warm Up build into to Run at a Pace you can **talk or sing at** for as many minutes as you can do comfortably, do not push yourself (see RPE chart next page) then recover with a Vigorous Fitness Walk. When you feel ready to start over by repeating to run until you need another rest. Keep doing this cycle for 30 minutes. For the first 2 weeks keep running to no more than 10 minutes. **\*Make**

## **Note of Your Intervals**

**Progression Suggestions. Always revert back to previous weeks suggestion if progression is too much!**

Weeks 1-2 Running for Total of 10 minutes out of the 30 minutes

Weeks 3-4 Running for Total of 10-15 minutes out of the 30 minutes or repeat above

Weeks 5-6 Running for Total of 15-20 minutes out of the 30 minutes or repeat above

Weeks 7-8 Running for Total of 20-25 minutes out of the 30 minutes or repeat above

Weeks 9-10 Running for Total of 25-30 minutes or repeat above

**STOP IF YOU HAVE PAIN, DO NOT PUSH IT**

**Commit to Fitness Walking Up to 7 Days per Week:** Do when recovering between bouts of runs during High Intensity Interval RUN Training (HIIT) and on Recovery Days. I suggest Fitness Walking most days per week because it will make you a better runner and help in recovery.